ANEMIA — MADE SIMPLE

What is Anemia?

- ↓ Hemoglobin concentration in blood
- ↓ Oxygen delivery to tissues
- Not a disease — a clinical sign

Normal Hemoglobin:

- Men: ≥13 g/dL
- Women: ≥12 g/dL
- Pregnancy: ≥11 g/dL

Causes:

- Iron deficiency (most common)
- Chronic blood loss
- Nutritional deficiency
- Bone marrow failure
- Chronic diseases
- Genetic disorders

Clinical Features:

- Fatigue & weakness
- Pallor
- Breathlessness
- Palpitations
- Dizziness / headache

Diagnosis:

- Complete Blood Count (CBC)
- Peripheral smear
- Reticulocyte count
- Iron profile / B12 / Folate
- Identify underlying cause

Management Approach:

- Treat the cause — not just Hb
- Iron / B12 / Folate supplementation
- Control blood loss
- Treat chronic disease
- Blood transfusion (severe cases)

Prevention:

- Balanced diet
- Iron + folate in pregnancy
- Dewarming
- Screening in high-risk groups

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Doctor Beast ⏻ - Follow
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